



5 DAILY HABITS

To Build Your Happiness Plan

Want to be happier?
Follow these five steps.

1



Find Balance

Wake up ten to fifteen minutes earlier than usual and use the quiet time to develop a positive mindset. Meditate, pray, think or read something inspirational. Starting your morning positively will set the tone for the rest of the day.

2

Get Fit

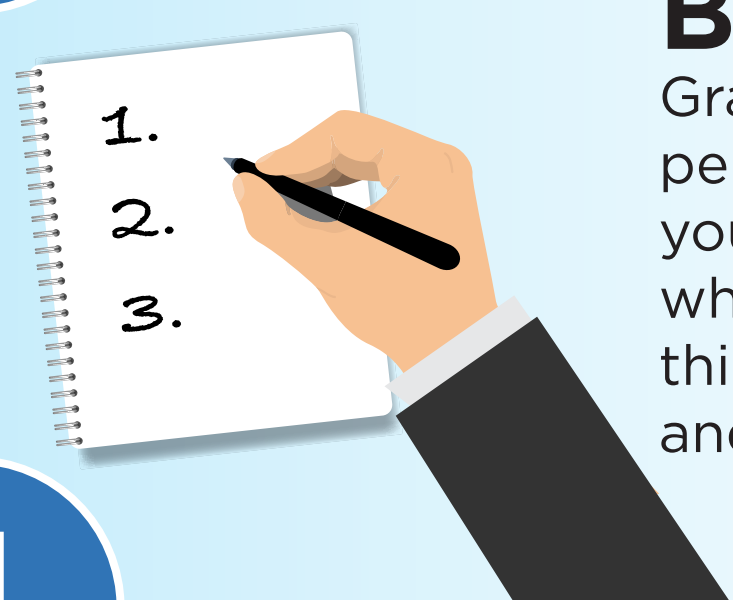
Exercise is good for the body and the mind. Aim to exercise at least 20 minutes a day, whether you hit the gym, take a walk at lunch or join a fitness class.



3

Be Grateful

Gratitude helps you maintain perspective and appreciate what you have, instead of dwelling on what you don't. Write down three things you're grateful for each day and review your lists often.



4

Provide Encouragement

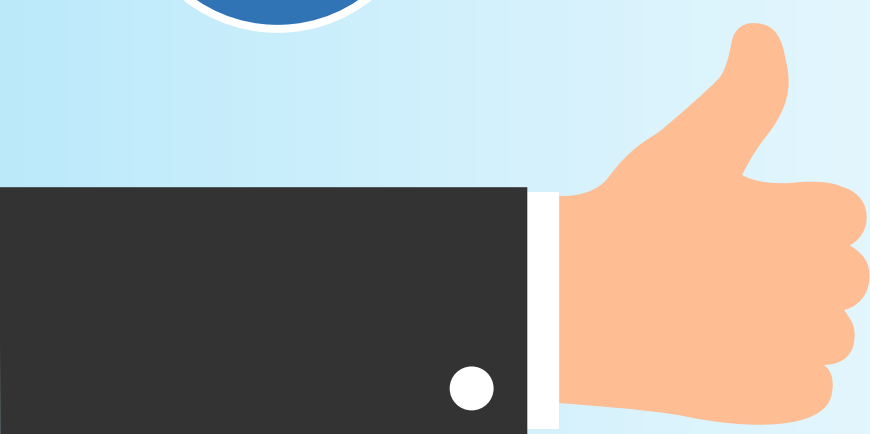
Do you know someone who's facing a challenge and could use a few kind, supportive words? Write a personal note of encouragement to let them know you're thinking of them and sending positive energy their way.



5

Practice Positivity

In your journal, describe one new positive experience you've had in the last 24 hours. What made the experience great? Go into detail. Review your journal entries periodically, especially when you want a dose of positivity.



Happiness doesn't just happen

It requires positive input every day. Practice these five steps each day and you'll be sure to cultivate a sunnier disposition.